

# HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

## APRIL 2018

TESTICULAR CANCER  
AWARENESS MONTH

**1/250** males will develop testicular cancer in their lifetime.

Cases of testicular cancer diagnosis estimated for 2018. **9,310**

**400** deaths estimated this year from testicular cancer.

Average age at the time of diagnosis of testicular cancer is about **33**

**SCREEN YOURSELF OR GET SCREENED  
STAY AHEAD OF TESTICULAR CANCER**

Many men with testicular cancer have no known risk factors. And many of the known risk factors can't be changed. For these reasons, it's not possible to prevent most cases of testicular cancer.



**Nurse Advice Line 24/7**

800-TRICARE  
(800-874-2273)

**Hampton Roads  
Appointment Center**

(866) 645-4584

**Emergency Room**

(757) 953-1365

**Pharmacy Refill**

Local: (757) 953-MEDS (6337)

Toll Free: (866) 285-1008

**Information**

(757) 953-5008

**Customer Service Office**

(757) 953-2600

**Relay Health Secure Messaging**

www.RelayHealth.com

Check out  
NMCP  
on social  
media



## Sexual Assault Awareness Month at a Glance

It is widespread knowledge that sexual assault is a tragic issue and has been for a long time, though progress has been made. The rate of sexual assault and rape has fallen 63% since 1993, from a rate of 4.3 assaults per 1,000 people in 1993, to 1.6 per 1000 in 2015. Although as a society we are moving in the right direction, there is still an American sexually assaulted every 98 seconds.

In the United States, April is Sexual Assault Awareness Month (SAAM). The goal of SAAM is to raise public awareness about sexual violence and educate communities on how to prevent it. This year, SAAM is celebrating its 17th anniversary with the theme "Embrace Your Voice" to inform individuals on how they can use their words to promote safety, respect and equality to stop sexual violence before it happens.

Individuals can embrace their voices to show their support for survivors, stand up to victim blaming, shut down rape jokes, correct harmful misconceptions, promote everyday consent, and practice healthy communications with children.

It's true that one month isn't enough to solve the serious and widespread issue of sexual violence. However, the attention April generates is an opportunity to energize and expand prevention efforts throughout the year.

### What is Sexual Violence?

Sexual violence is a broad term and includes: rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure and voyeurism. Nearly 1 in 5 women in the United States have experienced rape or attempted rape some time in their lives, and 1 in 67 American men have experienced rape or attempted rape.

Sexual violence occurs when someone is forced or manipulated into unwanted sexual activity without their consent. Reasons someone might not consent to sexual activity include fear, age, illness, disability, and/or influence of alcohol or drugs. Anyone can experience sexual violence, including children, teens, adults and seniors. Those who sexually abuse can be acquaintances, family, trusted individuals or strangers; of these, the first three are most common.

### About Sexual Violence and Prevention

The good news is that prevention is possible, and it's happening. Individuals, communities and the private sector are already successfully combating the risk of sexual violence through conversations, programs, policies and research-based tools that promote safety, respect, and equality. By promoting safe behaviors, thoughtful policies and healthy relationships, individuals can create safe and equitable communities where every person is treated with respect.

For more information about SAAM and sexual assault and prevention, visit National [Sexual Violence Resource Center](#) and [RAINN](#).



## NMCP: Drug Take Back Program a Daily Success

For almost a year now, Naval Medical Center Portsmouth (NMCP) has been collecting unused and expired prescriptions in an effort to thwart the abuse of prescription drugs. They have made a commitment to collect these drugs 24-hours a day, 7 days a week to get them back to a controlled environment. Nationally, there is a day dedicated to this, but for NMCP, it's just another day.

On April 28, locations throughout the country will participate in National Prescription Drug Take Back Day, setting up disposal sites for people to drop their unused or expired prescriptions. The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue; the misuse and abuse of prescription drugs.

According to the 2015 National Survey on Drug Use and Health, 6.4 million Americans abused controlled prescription drugs. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet. The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

Since June 2017, NMCP has offered drop boxes and envelopes so beneficiaries can dispose of unused, unneeded and expired prescription and over-the-counter medications as part of their Drug Take Back program sponsored locally by Pharmacy Department and the command Drug and Alcohol Program advisor (DAPA).

There are four drop boxes available and are located adjacent to the pharmacies at NMCP and the branch health clinics (BHCs) at Naval Station Norfolk, Joint Expeditionary Base-Little Creek and Naval Air Station Oceana. The NMCP box is available 24 hours a day, seven days per week, while the BHC boxes are available during that locations pharmacy hours.

The mail-back envelopes are provided to beneficiaries at all 11 NMCP pharmacy locations in Hampton Roads. This includes NMCP, all branch health clinics, TRICARE Prime clinics, and the Scott Center Annex pharmacy. A pharmacy technician will provide an envelope to any beneficiary who requests one after the technician educates the beneficiary about medication disposal.

For detailed information about what can and cannot go into the drop box, information is posted on the top of each box. Pharmacy staff can also answer questions about use of the drop box or the mail-back envelopes.

## HEALTHY WEIGHT

### ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

**Right Weigh:** 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927.

## TOBACCO CESSATION

### Tobacco Cessation Class

1st and 3rd Tuesday  
of every month from 1 – 3 p.m.

### One-on-One Counseling

Call today to schedule!

For more information, call  
(757) 953-1927 or 953-1934



## STI AWARENESS MONTH BY THE NUMBERS

**1 in 2** sexually active people will contract an STI by age **25**

**CDC**

estimates that nearly

**20 MILLION** new STIs occur every year in the **U.S.**

About

**HALF** of which occur among youth ages **15-24** years old

**CDC**

also estimates that nearly

**24,000** women

become

**infertile**

due to undiagnosed **STIs**

**EACH YEAR**

Total estimated cost of

**STI** treatment annually in the **U.S.** is:

**\$16 BILLION**



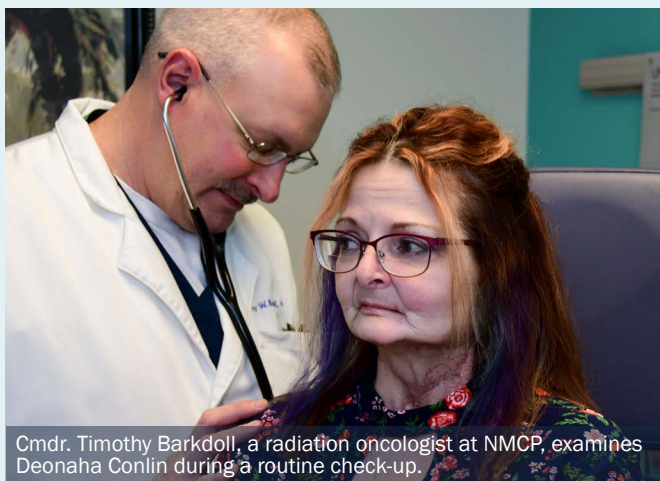
## NMCP Patient Shares Her Experience with Oral Cancer Diagnosis

By Rebecca Perron  
 NMCP Public Affairs Office

Oral, Head and Neck Cancer Awareness Week 2018 is April 8 – 15. Oral, head and neck cancer typically refers to squamous cell carcinoma of the tongue, throat and voice box. However, it can also refer to other types of cancer that arise in the nasal cavity, sinuses, lips, mouth, thyroid glands, salivary glands, throat or voice box.

Approximately 110,000 people are diagnosed with oral head and neck cancer every year in the United States. Symptoms of head and neck cancer include a lump in the neck, change in the voice, a growth in the mouth, swallowing problems, changes in the skin and persistent earache.

Naval Medical Center Portsmouth's surgical, radiation oncology and chemotherapy teams bring a multi-disciplinary approach to treating oral, head and neck cancer. Generally, cancer care is divided into 50 percent surgery, 40 percent radiation oncology and 10 percent chemotherapy. Radiation therapy (RT) is a pivotal treatment for many cancers, such as



Cmdr. Timothy Barkdoll, a radiation oncologist at NMCP, examines Deonaha Conlin during a routine check-up.

remove the tumor and, due to its larger size, she also needed to undergo radiation.

"From the moment the NMCP ENT doctor came back with the biopsy results, everything was done with compassion, speed, skill and the knowledge that we were up against the wall with this," Conlin said. "I had surgeons who were just amazing. I had the kind of rapport patients should have

with their health care team. The care from the first moment until right now with my follow-ups has been exemplary."

Since her surgery in 2011, Conlin has been followed up by otolaryngology and radiation oncology. She said her salivary glands have also been affected, which has caused problems with her teeth and jaw bone. She is currently undergoing a complete jaw reconstruction.

To help NMCP's current and potential oncology patients, the Radiation Oncology Division has started a Warriors of Hope Cancer Awareness Committee. The committee combats cancer and educates communities on disease prevention with compassion, inspiration and hope. The committee primarily partners with NMCP to set up awareness posters, hand out educational information and organize events to promote cancer awareness and prevention.

oral, head and neck, prostate and cervical.

For one Naval Medical Center Portsmouth patient, an oral cancer diagnosis has led to years of treatment. In 2010, Deonaha Conlin's dentist became concerned about a lesion under her tongue. While a civilian health care provider believed the cells to be pre-cancerous, Conlin was counseled to delay surgery to remove the lesion since she suffered from high blood sugar and risked kidney damage from the anesthesia.

By the end of 2010, the lesion had doubled in size and was painful. Her primary care manager at one of NMCP's TRICARE Prime clinics referred her to an otolaryngologist (ear, nose and throat) doctor at NMCP who performed another biopsy and determined that surgery was needed immediately because the cells were actually cancerous.

"I was diagnosed with squamous cell carcinoma of the tongue," Conlin said. "The placement was atypical for a smoker. Because I was a smoker but quit in 1981, and because of exposure to certain chemicals years ago, I can't be sure what caused my cancer. But I consider myself to be lucky to be alive. I'm lucky to be speaking and singing – I shouldn't be able to speak at this point."

Conlin said that her initial treatment included surgery to



Cmdr. Timothy Barkdoll, a radiation oncologist at NMCP, examines Deonaha Conlin during a routine check-up.

### GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
  - Interactive maps
  - Pharmacy wait times
  - Telephone directory
  - Relay Health
  - ICE feedback
- and so much more!**



# 118,000

patients with a PCM at one of our 10 facilities

# 22

Medical Home Port teams

# 440,000

patients we serve – active duty, retired and families

# Drinking and driving

## in the U.S.

